

# August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Shot Trainer Available Summer Camp Private Class Available Mini Biddy/Young Hooper Class	Summer Camp Attack Academy	Summer Camp Private Class Available	Summer Camp Shot Trainer Available	Skills Assessment 10 AM Skills Academy Mini Biddy/Young Hooper Class
6	7	8	9	10	11	12
	Closed	Closed	Closed	Closed	Closed	Closed
	Team Service Day	Team Service Day	Team Service Day	Team Service Day	Team Service Day	Team Service Day
13	14	15	16	17	18	19
	Shooting Academy	Shot Trainer Available Private Class Available Mini Biddy/Young Hooper Class	Attack Academy	Private Class Available	Shot Trainer Available	Skills Assessment 10 AM Skills Academy Mini Biddy/Young Hooper Class
20	21	22	23	24	25	26
	Shooting Academy Experienced moves to 7:45	Closed for Elevate Open Run	Attack Academy	Private Class Available	Closed	Skills Academy Mini Biddy/Young Hooper Class
27	28	29	30	31		
	Shooting Academy	Shot Trainer Available Private Class Available Mini Biddy/Young Hooper Class	Attack Academy	Private Class Available		

**MONDAY / WEDNESDAY**  
Shooting & Attack Academy

**SATURDAY**  
Skills Academy

**5:30 PM BEGINNER**  
Intro to training. Focus on high reps & fundamentals.

**10:00 AM PRIVATE**  
Skill assessment as noted above.

**1:45 PM BEGINNER**  
Intro to training. Focus on high reps and fundamentals.

**6:40 PM INTERMEDIATE**  
Builds on Beginner class. Prepares athlete for Experienced class.

**11:15 AM MINI BIDDY/ YOUNG HOOPER**  
Intro to movements and actions.

**3:00 PM EXPERIENCE**  
Skill level of a Varsity starter.

**7:45 PM EXPERIENCE**  
Skill level of a Varsity starter.

**12:30 PM INTERMEDIATE**  
Builds on Beginner class. Prepares athlete for Experienced class.

**4:00 PM POST/PRIVATE**  
High school and college

If you need assistance please call the office at **(504) 383-5106.**  
Hours 2pm to 7pm

Reserve your spot. All classes have limited space. (Members also)

Students may be moved to a different class per the instructor's discretion.

**SHOT TRAINER CLASS**

**TUESDAY & FRIDAY**  
Starting at 5 PM  
Last Class 8 PM  
Schedule every 30min

**SATURDAY**  
Starting at 12:30pm  
Last class 3:30pm  
Schedule every 30 min

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